

## Choices in Your Recovery:

### Learn to Make Decisions for **YOUR** Treatment Plan



#### About This Issue:

The topic of this issue is **Choices in Your Recovery: Learn to Make Decisions for YOUR Treatment Plan.** The issue empowers people living with mental health conditions to be part of the decision-making process and make sound choices that lead them in the direction of their goals.

#### Purpose/Goals of This Issue

- **Help** people living with mental health conditions to make beneficial recovery choices and decisions.
- **Encourage** people to think about their choices and consider the short-term and long-term effects of decisions.
- **Teach** individuals how to break large choices into smaller, more manageable considerations and decisions.
- **Educate** people about medication decisions and options.
- **Offer hope and inspiration** to people during their recovery process.

#### Target Audiences

- People living with schizophrenia and schizoaffective disorder
- Treatment team members, including case managers, social workers, peer counselors, and psychiatrists
- Caregivers and loved ones
- Advocacy organizations

**Uses:** This piece can be used in the following ways:



#### One-on-One Settings

such as a case manager or psychiatrist meeting with his or her client



#### Group Settings

such as day programs, support groups, and peer-to-peer groups



#### Individually

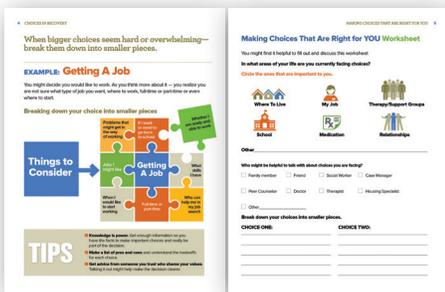
at a person's own pace

# Choices in Your Recovery: Learn to Make Decisions for **YOUR** Treatment Plan Content Overview



## Introducing the Topic (Pages 2-3)

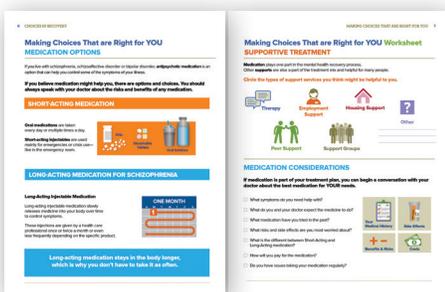
- Talks about the small and big choices people make during their recovery journey.
- Encourages people to make choices that solve a problem or move them in the direction of life goals.
- Empowers people to consider the short- and long-term effects of their choices.



↑  
worksheet

## Breaking Choices Into Smaller Pieces (Pages 4-5)

- Reviews the example of **Getting a Job**. Discusses how breaking down choices into smaller pieces or considerations can help a person figure out his or her decision.
- Conveys the helpful TIPS.
- Have your client fill out the **Making Choices That Are Right for YOU Worksheet**. This handout helps people explore choices and identify people who can help with the decision and also allows the user to break down a choice he or she is facing into smaller pieces.



↑  
worksheet

## Explore Solutions: Treatment Options (Pages 6-8)

- Explains the dosing and delivery differences between **short-acting and long-acting antipsychotic medication**.
- Outlines **supportive treatments** a person might wish to explore and discuss with his or her treatment team.
- Provides **medication considerations** to discuss with the doctor.
- Encourages clients to participate and make informed decisions about treatment.
- Offers decision-making strategies for success to share with clients.



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